

Regular Line

| | BREAKFAST | LUNCH | DINNER |
|-----------------------|--|--|--|
| M O N | Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Cream Sausage Gravy Hashbrowns Blueberry Pancakes Biscuits/Breakfast Gravy | Chicken Gumbo Pinto Bean Soup Meat Loaf Ham Salad Mashed Potatoes Turnip Greens Country Corn Cornbread | Soup Du Jour Fried Pork Chops Macaroni and Cheese Broccoli Field Pies Dinner Roll |
| T U E S | Bran Muffin Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Corned Beef Hash Lyonnaise Potatoes French Toast Biscuits/Breakfast Gravy | Navy Bean Soup Vegetable Soup Sweet & Sour Chicken Baked Cod Steamed Rice/Mashed Potatoes Green Beans with Pimentos Succotash Cornbread | Soup Du Jour New England Boiled Dinner With Potatoes Carrots Cabbage Country Seeded Roll |
| W E D | Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Sausage Link Creamed Chipped Beef Baked Beans/Cornbread Home Fried Potatoes Biscuit/Breakfast Gravy | Cream of Mushroom Soup Split Pea Soup Roast Beef Po-Boys Gravy Chicken Mushroom Casserole French Fries Spinach Okra & Tomatoes | Soup Du Jour Barbecued Chicken Parsley Boiled Potatoes Buttered Green Peas Squash and Onions Breadsticks |
| T H U R S | Coffee Cake Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Corned Beef Hash O’Brien Potatoes Strawberry Pancakes Biscuit/Breakfast Gravy | Cream of Tomato Soup Red Bean Soup Lasagna Chicken Tenders Oven Roasted Potatoes Brussel Sprouts Carrots Garlic Texas Toast | Soup Du Jour Chopped Steak w/Onion Gravy Mashed Potatoes/Steamed Rice Buttered Corn Asparagus Casserole Panini Roll |
| F R I | Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Scrapple Hashbrowns French Toast Biscuit/Breakfast Gravy | Cream of Broccoli Soup Great Northern Bean Soup Fish and Chips Meatball Sub Green Peas Squash Medley Cornbread | Soup Du Jour Chicken Vega Steamed Rice French Style Green Beans Cauliflower Dinner Roll |
| S A T | Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Oven Baked Bacon Creamed Ground Beef Lyonnaise Potatoes Buttermilk Pancake Biscuit/Breakfast Gravy | Cream of Potato Soup Turkey Noodle Soup Pepper Steak Shrimp Salad Steamed Rice/Mashed Potatoes Club Spinach Corn Fitters | Soup Du Jour Barbecue Spareribs Oven Roasted Potatoes Baked Beans Collard Greens Ciabatta Roll |
| S U N | Danish Pastry Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Slice Oven Baked Bacon Baked Beans/Cornbread Hashbrowns Biscuit/Breakfast Gravy | Clam Chowder Knickerbocker Soup Spaghetti with Italian Sausage Sauce Country Chops Steamed Rice Mustard Greens Carrots Amandine | Soup Du Jour Grilled Steak Baked Potato Asparagus Mushrooms and Onions Country Seeded Roll |

DESSERTS

DAILY SHORT ORDER LINE

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|-----------------------------|---------------------------------------|-------------------------|
| Mon: Sweet Potato Pie | DL Chocolate Chip Cookies, Sugar Free | Grilled Hamburger |
| Tues: Apple Crumb Pie | DL Cheesecake, No Sugar Added | Grilled Hotdog |
| Wed: Choc Chip Cookies | DL Apple Pie, No Sugar Added | Grilled Chicken Breast |
| Thurs: Spice Cake | DL Chocolate Cake with Cherries | Grilled Cheese Sandwich |
| Fri: Lemon Meringue Pie | DL Chocolate Chip Cookies, Sugar Free | Sauerkraut/Chili |
| Sat: German Chocolate Cake, | DL Sponge Cake with Strawberries | Lettuce/Tomato/Onion |
| Sun: Walnut Cream Cake, | DL Cherry Pie, No Sugar Added | |

Diet Line Menu #1 – Week of : January 31 – February 6, 2005

Items with DL before the menu name indicates this item has been modified to be lower in calories, fat and/or sodium than the Regular line item. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for one-on-one consultation.

| | BREAKFAST | LUNCH | DINNER |
|------------------|--|---|---|
| M O N | Oatmeal/Grits Eggbeaters Hardboiled Eggs DL Ham Slices Biscuit/DL Gravy | DL Pinto Bean Soup Meat Loaf Mashed Potatoes Turnip Greens Country Corn | Soup Du Jour Baked Pork Chop DL Macaroni and Cheese Broccoli Field Peas Dinner Roll |
| T U E S | Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon DL Lyonnaise Potatoes Biscuit/DL Gravy | DL Vegetable Soup DL Sweet & Sour Chicken Steamed Rice Green Beans Succotash | Soup Du Jour Roast Beef Boiled Potatoes Carrots Cabbage Country Seeded Roll |
| W E D | Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy | DL Split Pea Soup Grilled Chicken Romano Noodles Spinach Okra & Tomatoes | Soup Du Jour Vegetarian Cutlet Parsley Boiled Potatoes Green Peas Squash Breadsticks |
| T H U R | Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy | DL Red Bean Soup Baked Chicken Tenders Oven Roasted Potatoes Brussel Sprouts Garlic Texas Toast | Soup Du Jour DL Chopped Steak Mashed Potatoes Corn Asparagus Panini Roll |
| F R I | Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy | DL Cream of Broccoli Soup Lemon Baked Fish Baked Potatoes Green Peas Squash Medley | Soup Du Jour DL Chicken Vega Steamed Rice French Style Green Beans Cauliflower Dinner Roll |
| S A T | Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs DL Creamed Ground Beef DL Lyonnaise Potatoes Biscuit/DL Gravy | DL Turkey Noodle Soup DL Shrimp Salad Mashed Potatoes Spinach Corn | Soup Du Jour DL Braised Ribs Oven Roasted Potatoes Baked Beans Collard Greens Ciabatta Roll |
| S U N | Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy | DL Knickerbocker Soup DL Country Chops Steamed Rice/ DL Gravy Mustard Greens Carrots | Soup Du Jour Grilled Steak Baked Potato Asparagus Mushrooms & Onions |

BREAKFAST STANDARD MENU ITEMS

Prunes, Bagel, English Muffin, Syrup, SF Syrup, Bananas, Grapefruit Sections, Fruit Deluxe, Applesauce, Cream Cheese

STANDARD MENU ITEMS ALL MEALS

Asst Bread, Asst Dry Cereal, Asst Juice, Asst Milk, Asst Beverages, Coffee, Decaf Coffee, Tea, Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt Pepper, Asst Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH/ DINNER

Lettuce garnished w/romaine leaves, Cherry Tomatoes, Cucumbers, Chopped Onions, Celery Sticks, Sliced Pickles, Carrot Sticks, Shredded Cheese, Coleslaw, Bacon Bits, Sliced Beets, Sliced Peppers, Broccoli Florets, Green Olives, Jalapeno Peppers

STANDARD SALAD DRESSINGS

Bleu Cheese, Catalina French, Ranch, Thousand Island, Fat Free Italian, Balsamic Vinegar, White Vinegar, Olive Oil

DAILY SALAD BAR ROTATION

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| Mon: Pineapple Chunks, Macaroni Salad | Tue: Peach Slices, Marinated Cucumbers |
| Wed: Pear Halves, Potato Salad | Thurs: Pineapple Slices, German Tomato Salad |
| Fri: Apricot Halves, Three Beans Salad | Sat: Mandarin Oranges, Pasta Salad |
| Sun: Fruit Cocktail, Carrot & Raisin Salad | |